Chicken & Asparagus Bake

Prep Time: 15 mins | Total Time: 35 mins | Yield: 4 servings

Ingredients

- 4 portions of thin chicken breasts
- 12 oz Yukon Gold potatoes, chopped
- 8 oz carrots, 1" pieces
- 3 T extra-virgin olive oil, divided
- 2 tsp ground coriander, divided
- ¾ tsp salt, divided
- ½ tsp ground pepper, divided
- 2 T lemon juice
- 2 T chopped shallot
- 1 T whole-grain Dijon mustard
- 2 tsp honey
- 1 pound fresh asparagus, trimmed
- 2 T chopped flat-leaf parsley
- 1 T chopped fresh dill

Directions

1. Preheat oven to 425°F.
2. Place chicken on a clean work surface and cover with plastic wrap. Using a meat mallet, pound the chicken to an even ½ inch thickness. Alternatively, cut two thicker breasts in half.
3. Arrange chicken on one half of a large rimmed baking sheet. Arrange potatoes and carrots in a single layer on the other half of the pan. Drizzle the chicken and vegetables with 1 tablespoon oil; sprinkle with 1 teaspoon coriander, ½ teaspoon salt and ¼ teaspoon pepper. Bake for 10 minutes, turning chicken halfway through.
4. Whisk lemon juice, shallot, mustard, honey and the remaining oil, coriander, salt and pepper in a small bowl.
5. Remove the pan from the oven; switch the oven to broil. Set chicken aside. Stir the potato-carrot mixture; arrange asparagus in the center of the pan. Spoon the vinaigrette evenly over the chicken and vegetables.
6. Broil until the chicken and vegetables are lightly browned, asparagus is nearly tender-crisp, about 9 minutes. Add the chicken back and broil for a minute or two. Remove from oven; sprinkle evenly with parsley and dill.

Nutrition Facts Serving Size: 1 piece chicken, ¾ cup potato carrot mixture & 6 asparagus spears each

Calories	**352**	Total Carbohydrate	31g	Vitamin C	23mg
Total Fat	14g	**Dietary Fiber**	**6g**	Calcium	73mg
Saturated Fat	2g	Total Sugars	8g	Iron	2mg
Cholesterol	63mg	Added Sugars	3g	Potassium	910mg
Sodium	599mg	Protein	28g		